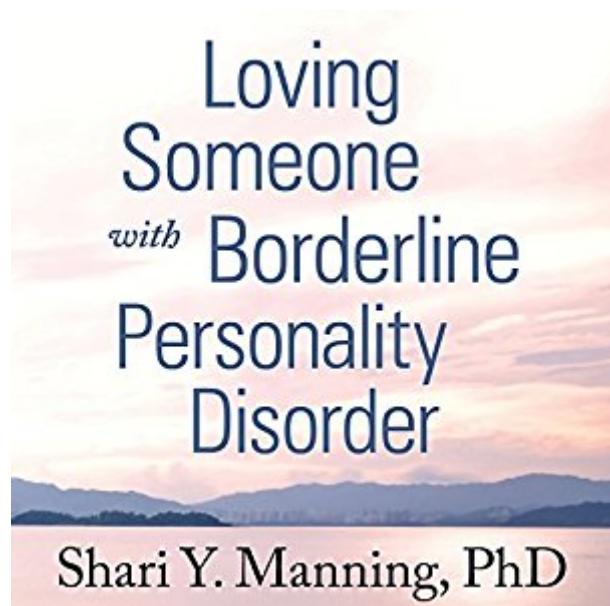


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# Loving Someone With Borderline Personality Disorder: How To Keep Out-of-Control Emotions From Destroying Your Relationship



## **Synopsis**

People with borderline personality disorder (BPD) can be intensely caring, warm, smart, and funny, but their behavior often drives away those closest to them. If you're struggling in a tumultuous relationship with someone with BPD, this is the book for you. Dr. Shari Manning helps you understand why your spouse, family member, or friend has such out-of-control emotions and how to change the way you can respond. Learn to use simple yet powerful strategies that can defuse crises, establish better boundaries, and radically transform your relationship. Empathic, hopeful, and science based, this is the first book for family and friends grounded in dialectical behavior therapy (DBT), the most effective treatment for BPD.

## **Book Information**

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## **Customer Reviews**

If you are a trained therapist, the basic tactic in this book may work easier for you. It takes a lot of practice and patience to use the tools and advice given. The gist I get from it is to take the emotion from your response to the BPD out of the equation and also offer your understanding in a confirming statement. They give a few examples of the types of things they mean, and what is and isn't a confirming statement. This does help keep interactions and communication's from escalating to high intensity, in many cases, but it is very hard to do when the boyfriend I love is either emotionally very high or very low and he is trying to get an emotional response from me. I have been able to use this advice over the last 3 months and it has helped. We've been able to have less heated fights and get to more understanding of each other, I feel. The more calm and stable I remain, the more he

remains so too ... but I have to contain myself first and always. I have to rethink and reword most of the immediate thing's I'd like to say to him, which helps him from not going off the deep end, but I feel he does not get the seriousness of the situation at times. Also giving a confirming statement as to validating him, I feel as an addict that he is, makes it seem that I am condoning his actions or words, so he continues to do destructive behaviors. Maybe I'm not doing it quiet right or I'm expecting to much. Over all the book is helpful, and there are no quick solutions ... it's all work, hard work when loving a BPD.

Ok, so I have only read 1/3 of this book so far, and I will come back and write another review after finishing, but if you love someone who has BPD then you definitely need to read this. My husband has been incorrectly diagnosed with bi-polar disorder, adhd, severe depression, etc. However the 20+ pills he takes everyday have never seemed to help or they just comatose him. We have been together ten exhausting years, with many moments of extreme behavior and many moments of the wonderful person he can be. I have often thought that not only was he crazy, but also mean, manipulative, and a free loader b/c he has never been able to hold down a stable job. I've often accused him of wanting to be with me so I could take care of him financially. After reading the short amount of this book that I have, so many things make perfect sense. It has been very eye opening and is a must read for anyone who has a loved one with borderline personality disorder. At the very least it will help you to realize your loved one does love you but has not developed the necessary skills to be a functioning member of society (to various degrees). It will also allow you to change your reaction to their actions, which can help them change. This book is already such a blessing to me, and I am so thankful that Dr. Manning has taken the time to educate those of us who just happen to love someone with this disorder.

I have also read "Stop Walking On Eggshells". I like the approach of this book much better. Eggshells seems confrontational, but the approach of this book is trying to foster an understanding and helping the person you love.

My daughter has BPD and it is so very hard sometimes. Her feelings are like a raw exposed nerve and things that seem so trivial to everyone else can send her into hysterics. Learning that she isn't doing this on purpose is a huge step in healing relationships that have been broken and glued back together a million times. It isn't always easy to follow the suggestions in the heat of the moment but this book helps. Also for anyone else struggling to live with someone that has BPD, DBT therapy is

extremely helpful. It has given her tools to help modify her responses. It is so difficult for people to understand that she can't always just pull herself together. Understanding why she responds the way she does helps me and my family respond to her in a more constructive way.

I have read many books on this subject, but this has been far the best in helping me both understand this disorder and deal positively with it. It really helps me be more compassionate and patient, and at the same time, helpful in my dealings with the person close to me that has this problem.

No one has ever made me feel like they understood borderline... And the way it is talked about in this book eases the knot in my stomach so well. Everything is worded perfectly and it seems like a real person writing it instead of a random doctor being all technical and impersonal. So basically... I love it!!! (This coming from a borderline themselves).

I have been married to a BPD person for 29 yrs. I knew there had to be a way to break through to him but everything I tried from all the other "Marriage" books didn't even make a dent. This is the book I've been waiting for. I needed to know how to react to this kind of personality. I am anxious to start using these methods. I have hope for the first time!

I find this the best of the modern books regarding BPD.1. I find it very hopeful that there are psychologists who find the BPD a treatable condition rather than writing off those with this condition as lost causes.2. This is a good book in the regard that it helps those coping with the effects of the BPD sufferer's behavior and does not try to make those who love a person with BPD an amateur psychologist.3. Since many marriages containing someone with this disorder often end in divorce, if someone suspects that they or their spouse has this disorder seeing a psychologist early and reading this book may save a marriage.

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